Stages of Change

Assistance and Navigation for Others

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Objectives

- **Discuss the Stages of Change Model**
- **Describe how to assist others in moving through the Stages of Change**
- **Explain practical applications of the Stages of Change Model**

Introduction

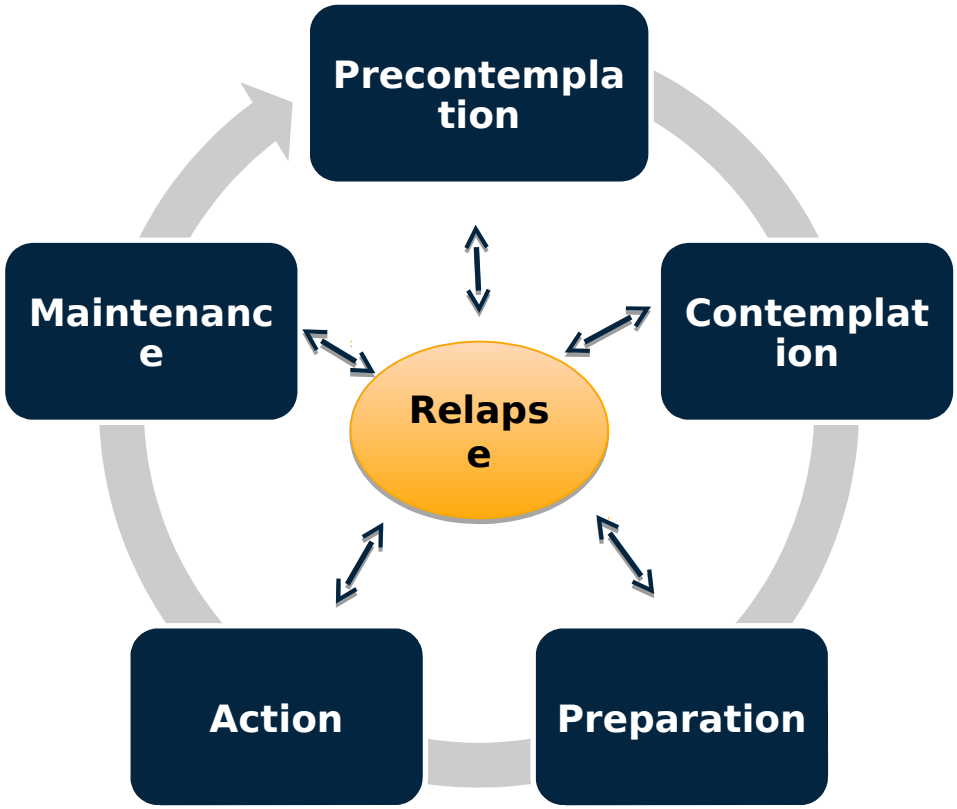
- **Transtheoretical Model (TTM)- developed by James Prochaska and Carlo DiClemente, consists of 4 constructs which focuses on promoting behavior change by identifying how and why people change. It also looks at a person's readiness to adapt to a new behavior.**

- **Stages of Change is one of the four TTM model constructs. It was tested, in-depth, with many different populations and addictive behaviors.**

- **It focuses on the decision making process and how individuals move from one stage to**

Stages of Behavior Change

- Precontemplation
- Contemplation
- Preparation
- Action
- Maintenance
- Relapse



Precontemplation

- **Person has no intention to adopt change within the next 6 months**
- **Person is unaware of their issues**
- **Person is not ready**
- **Person is not serious about change**

Contemplation

- **Person acknowledges there is a problem and is thinking about making a change**
- **Intends to make changes within the next six months**
- **Weighing the pros and cons of change**
- **Person may be in this stage for a long period of time**
- **Person not committed to make a change**

Preparation

- **Person is planning on making behavior change within the next month**
- **Person is not sure how to make changes and may doubt their abilities**
- **Person may begin a plan of action**
- **Person collects information**
- **“Testing the waters”**

Action

- **Person is actually making the changes to modify their behaviors, environment, and experiences on a daily basis**
- **These changes have occurred within the last day to six months**
- **This phase includes a lot of time, energy, and recognition**
- **This person is achieving their goal**

Maintenance

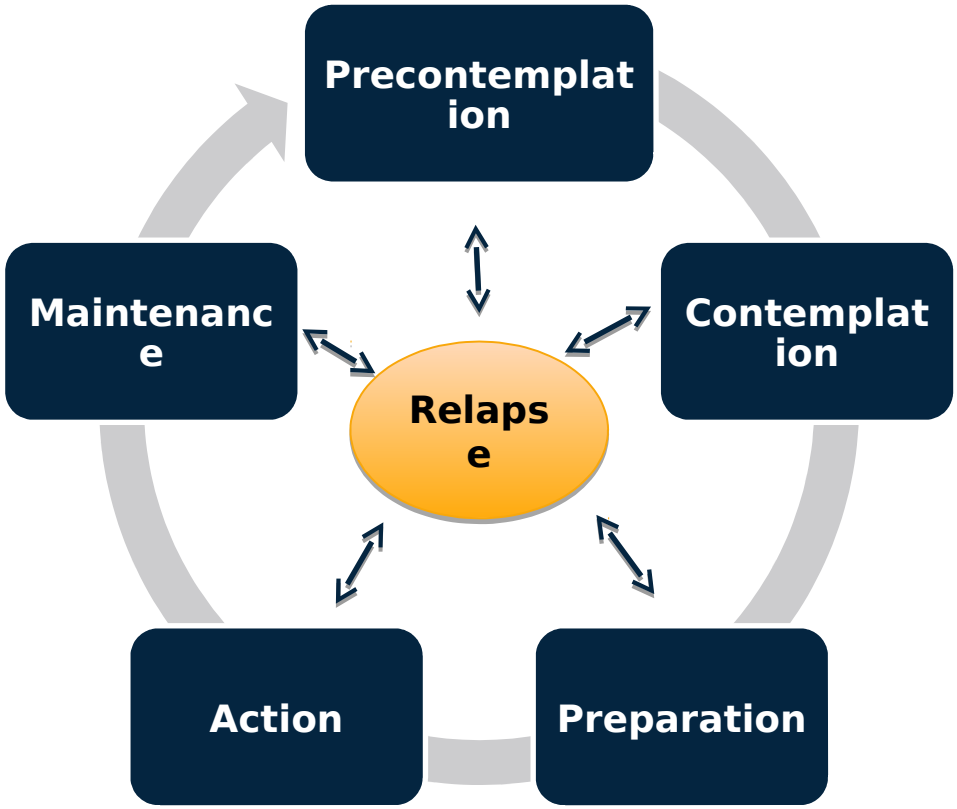
- **Sustained change for 6 months or more**
- **The focus is to prevent relapse**
- **Maintain the progress that has occurred during the action stage**
- **Person is very confident that they will maintain the changes**
- **Avoid temptations and old/new triggers**

Relapse

- **In many cases a person may experience relapse**
- **Person may feel like a failure, resume old behaviors, feel like they are no good and experience disappointment**
- **This is an opportunity to regroup and continue to learn and grow from the experience**

Understanding the Stages of Change

- **Relapse can occur during any stage**
- **Each stage calls for different strategies**
- **Be aware of subtle signs**
- **The goal is to move to the next step/stage**



Stages of Change

Assistance and Navigation for Others (Part 2)

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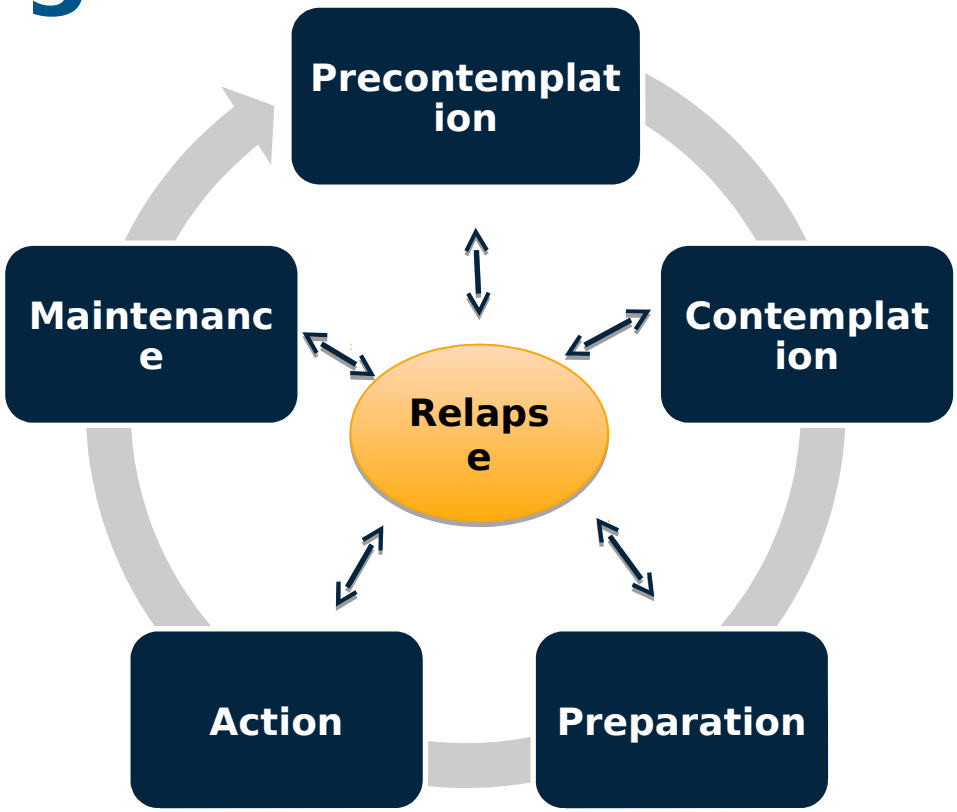
Assisting Others to Move Through the Stages of Change

- Precontemplation
- Contemplation
- Preparation
- Action
- Maintenance
- Relapse



Precontemplation

- **Leave the door open for communication**

- **Person may seem:**
  - **Naive**
  - **Impatient**
  - **Closed minded**

- **Providers need to:**
  - **Ask questions**
  - **Listen**
  - **Provide unbiased information**
  - **Guide individuals in awareness and to acknowledge the issues**

Contemplation

- **Provide information**

- **Person may seem:**
  - **Reluctant**
  - **Unsure / go back and forth**
  - **Willing to listen but provide obstacles**

- **Providers need to:**
  - **Give take home information**
  - **Review pros and cons**
  - **Help to highlight the pros**
  - **Assist in making a decision**

Preparation

- **Provide help / referrals, support, etc.**
- **Person may:**
  - **Start planning**
  - **Set dates**
  - **Look for support**
- **Providers need to:**
  - **Assist in implementing a plan**
  - **Discuss barriers**
  - **Provide support**

Action

- **Person may:**
  - **Struggle with habits and change process**
  - **Complete goals but may need help mastering them**

- **Providers need to:**
  - **Provide encouragement**
  - **Congratulate success**
  - **Remind individual of the end goal**
  - **Address tempting situations and help with coping skills**

Maintenance

- **Person may:**
  - **Feel like they have everything under control**
  - **Have an improved quality of life**

- **Providers need to:**
  - **Remind individual of support systems and address possible relapse**
  - **Encourage individual to stick with their plan**
  - **Allow individual to discuss successes and challenges**
  - **Listen and provide support**

Relapse

- **Relapse does not mean that you or the individual have done anything “wrong”**
- **Relapse is a part of behavior change**
- **During this phase the individual usually feels disappointed, experiences low self-esteem, and needs reinforcement and support**
- **Some individuals need to discuss what happened**
- **Others may need to go back into a behavioral change program**

Identifying a Slip

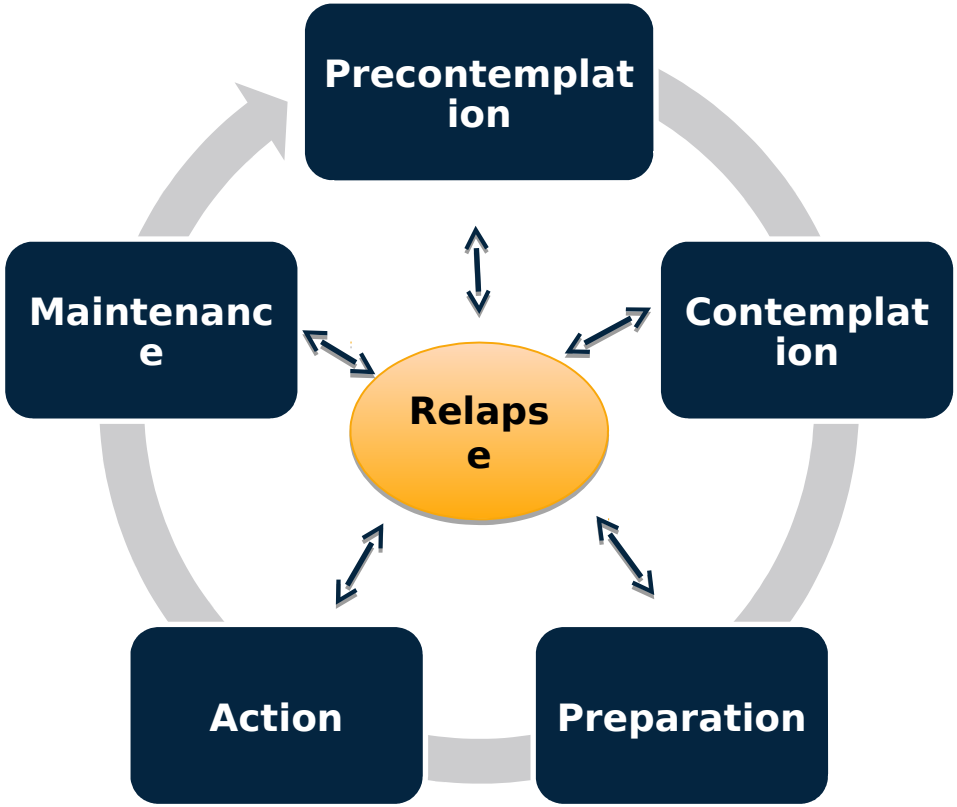
Slips do not necessarily indicate a relapse

Examples:

- **I missed a dose of my medication**
- **I puffed a cigar at the wedding**
- **I ate an extra slice of cheese cake**
- **I did not complete my exercise routine this week**

Relapse Situations

- **Relapse can occur in any phase**
- **Each person is different**
- **Be open and understanding**
- **Ask open-ended questions**
- **Determine current stage**



Tobacco Scenario

Tobacco Scenario

- **Marie has come in to see you because her supervisor asked her to talk to someone about her smoking. She has been smoking for 10 years. She states she has been sent to you because she is spending too much time for smoke breaks. The command recently moved the tobacco use area outside of the gate; it now takes her over 15 minutes in travel time to get there and back. She feels that her productivity is being affected by the new "smoke-free base" rules and not by her smoking.**

- **What stage of change is Marie experiencing and how can we address this scenario?**

Nutrition Scenario

Nutrition Scenario

- **LT Smitty failed his PRT for the first time. He has a diet that is high in caffeine and fat (primarily coffee, energy drinks and snacks, as he feels hungry). He has little time to cook and elects to eat convenience and junk food. He realizes the need to make changes to his diet and would like some information on what he can do in the next few months to help him prepare for a lifestyle change.**

- **What stage of change is LT Smitty experiencing and how can we address this scenario?**

Fitness Scenario

Fitness/Nutrition Scenario

- **Petty Officer Alexis is recovering from a pulled muscle injury along with sciatic nerve pain. She was told she can begin exercising and has joined a gym. She also bought new workout clothing and is working with a personal trainer to hasten her recovery process. She increased her consumption of foods high in vitamins A, C, and protein. Petty Officer Alexis has indicated she is having trouble managing her work and exercise schedule.**

- **What stage of change is Petty Officer Alexis experiencing and how can we address this scenario?**

Psychological Well-Being Scenario

Psychological Well-Being Scenario

- **Jonathan Deer has been diagnosed with and treated for PTSD. Initially he refused to take medication because he felt it was a sign of weakness. Over the past five months he has been consistently taking his medication as scheduled. He does not attend his support group any longer but sees his doctor regularly.**

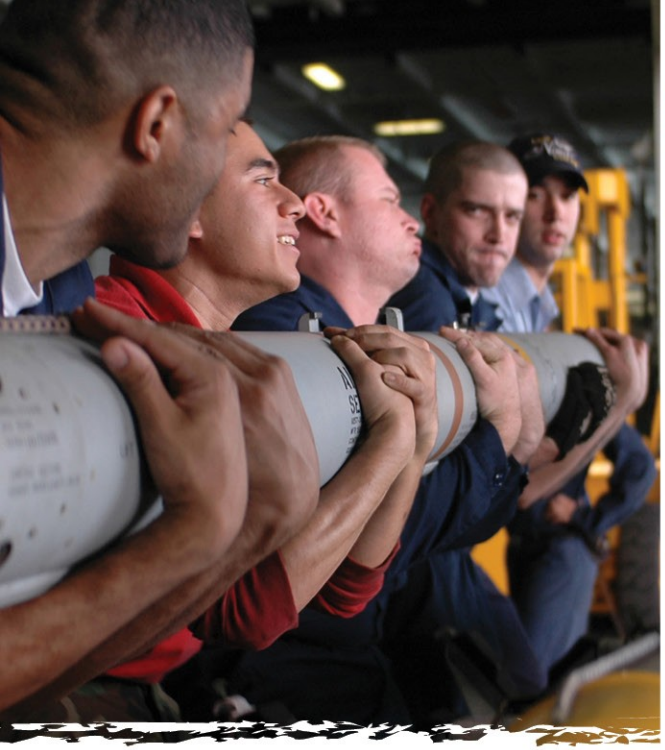
- **What stage of change is Jonathan Deer experiencing and how can we address this scenario?**

Drug Use and Alcohol Misuse Scenario

Drug Use and Alcohol Misuse Scenario

- **Chief Lee previously went to treatment for a single DUI. He has been sober for 18 years. He goes to meetings regularly and shares how he did not allow his past alcohol problem to affect his current life. He uses his own situation to encourage junior enlisted members on how to deal with alcohol related problems they may be experiencing.**

- **What stage of change is Chief Lee experiencing and how can we address this scenario?**



Injury Free / Active Living Scenario

Injury Free / Active Living Scenario

- **Glenn Smith had a sedentary lifestyle and understood he needed to increase his physical fitness level in order to qualify for active duty service. He significantly increased his physical activity by participating in strength training and aerobic activity six days a week with good success. He was hurt while playing basketball; subsequently his time now consists of watching TV or he's on the computer. He is disappointed that he was injured and feels the only way to avoid re-injury is to refrain from going to the gym.**

What stage of change is Glenn Smith

Conclusion

- **Utilization of different strategies and interventions depend upon an individual's stage of change.**
- **Lifestyle changes are not an effortless task, thus a sense of accomplishment is achieved with each progressive stage.**
- **The process of change is on-going.**